

ONLINE SUPPORT GROUPS

SEPTEMBER, 2023

Please find below a listing of the Free-of-cost support groups currently offered online by The LightHouse Arabia.

For our full event calendar and to register, please visit lighthousearabia.com/events.

Grief:



ADULT GRIEF SUPPORT GROUP

A small group open to men and women who are grieving the death of someone significant to

**Thursday, September 7th &
Monday, September 18th
4pm - 5.30pm; (Adults, 18 yrs+)**

FACILITATED BY



FARAH DAHABI, LCSW (US)

Clinical Social Worker
Mental Health First Aid UAE, Director

MOTHERLESS DAUGHTERS SUPPORT GROUP

For women 21+ years who have lost their mother and come together and share experiences, feelings and offer support.

**Wednesday, September 13th
5.30pm - 7pm; (Women, 21 yrs+)**

FACILITATED BY



MADALINA OANA FILIP, MSc (Romania)

Psychologist

PARTNER LOSS SUPPORT GROUP

This is a safe and supportive space for individuals who have lost their partners (married or unmarried). The group aims to provide participants with a space to speak openly about their grief alongside others who have shared

**Monday, September 25th
5.30pm - 7pm; (Adults, 21 yrs+)**

FACILITATED BY



DR. RIM MAHMOUD, PsyD. (UK)

Health Psychologist

LITTLE LIFETIMES SUPPORT GROUP

For pregnancy and infant loss. We are honored to offer this grief support group for parents who are grieving the loss of a child. You do not need to go through your grief alone.

**Thursday, September 28th
10am - 11.30am; (for Parents)**

FACILITATED BY



DR. OTTILIA BROWN, PhD. (South Africa)

Clinical Psychologist

**Prior to joining a Grief Support Group, a one-time 50-minute complimentary grief consultation is required. It can be arranged by sending an email to E.events@lighthousearabia.com or by calling The LightHouse Arabia. T. (0)4 380 2088.*



THE LIGHTHOUSE
CENTER FOR WELLBEING

Health:

MENTAL HEALTH SUPPORT GROUP FOR MEN

Adversity in life may be inevitable but suffering in silence does not have to be. This new support group aims to provide a safe space and a judgement-free environment for men to meet, open up, talk, and listen. We recognize that taking the first step is often the most difficult. Our group is designed to be free of pressure and there is no obligation to speak because, we believe, sometimes simply listening

Tuesday, September 5th
6.30pm - 7.30pm; (Men, 18 yrs+)
In-person at The LightHouse Arabia

FACILITATED BY

DR. HUSSAIN RIAZ, MD (UK)
Consultant Psychiatrist



HEARTBREAK SUPPORT GROUP

For men and women (21+ yrs), who have recently experienced the breakdown or end of a committed romantic relationship. This group aims to provide a safe space to share, connect, seek support and explore the challenges being

Monday, September 11th
5pm – 6pm; (Adults, 21 yrs+)

FACILITATED BY

DR. LUCY WOOD, D.Clin.Psy (UK)
Clinical Psychologist



LIFE AFTER DIVORCE SUPPORT GROUP

Reclaim, rebuild and thrive. This is a safe space to share challenges faced when dealing with divorce, to learn evidence-based strategies in coping with stressors, and have experiences normalized through the power of sharing.

Tuesday, September 19th
6pm - 7pm; (Adults, 21 yrs+)

FACILITATED BY

DR. TARA WYNE, D.Clin.Psy (UK)
Clinical Psychologist & Clinical Director



ADULTS WITH AUTISM SPECTRUM DISORDER (ASD/ASPERGER'S) SUPPORT GROUP

This group provides a safe, confidential and relaxed setting online for adults with ASD/Asperger's to share their thoughts and feelings, and/or ask for feedback, information, and support

Wednesday, September 6th
8.30pm - 9.30pm; (Adults, 18 yrs+)

FACILITATED BY

ANNA WHITE, BSc. (Ireland)
Sr. Occupational Therapist
SI Practitioner & MHFA UAE Director



TRANSITIONING THROUGH MENOPAUSE SUPPORT GROUP

Approximately 50% of the world's population are women, and we spend one-third of our life in a space of menopause. The transition to menopause (called perimenopause), and the changes that occur are real and impact us all - in the body and the mind, with strong connections to hormones and how we think, feel and respond. This group provides a safe space to normalize and explore the physical and emotional changes you may be experiencing, and to help navigate the transition together, for what can also be an

Tuesday, September 19th
10am - 11am; (Women in perimenopause or menopause)

FACILITATED BY

TANYA DHARAMSHI, MScPsych (US)
Counselor (DHCC) & Counselling Psychologist
Community Support Group Services, Lead



Register

www.lighthousearabia.com/events
T. +971 (0)4 380 2088



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Health cont'd:

EXPAT SOCIAL SUPPORT GROUP

This monthly support group is open to all adult expats living in the UAE and is a safe space to meet others, connect, and feel more at home in the UAE from the comfort of your own home. Connect with fellow expats, share stories and exchange tips about life and experiences in the UAE, and learn how to navigate life's challenges with support, reaffirming that you

Monday, September 25th
6.30pm - 7.30pm; (Adults, 21 yrs+)



FACILITATED BY

MAROPENG RALENALA
MA Clin. Psy. (South Africa)
Clinical Psychologist

COPING WITH CANCER SUPPORT GROUP

Connecting those who are currently or have been caregivers for those directly impacted by cancer, this support group is a place to receive and provide emotional support and share information. It is also a place to share in the lighter moments, laugh and reconnect with ourselves.

Tuesday, September 26th
10am - 11am; (Adults, 18 yrs+)



FACILITATED BY

TANYA DHARAMSHI, MScPsych (US)
Counselor (DHCC)
Counselling Psychologist

UNIVERSITY STRESS SUPPORT GROUP

**New Group: Are you a first-year university student looking to better manage the stress of academics and personal life? If you find yourself feeling worried or stuck, this new monthly group is a safe and confidential space to explore your experience and learn from others having similar experiences.*

Wednesday, September 27th
4.30pm - 5.30pm; (Adults, 18 yrs+)

CO-FACILITATED BY



FARAH JAHANZEB
Assistant Psychologist



YASMINE MOHAMAD
Assistant Psychologist

Register

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Parenting:

CONSCIOUS PARENTING SUPPORT GROUP

This support group is a space for parents of children ages 6 - 11 years to discuss the challenges and stressors they face in raising their children. In a time where advice on how to manage challenges like screen time, sleep, friendships, and big emotions can be varied, parents will be able to share their dilemmas, as well as hear from other parents about things that have or haven't worked for them.

Wednesday, September 20th
6pm - 7pm; (Parents)



FACILITATED BY

DR. SUMMER FAKHRO, D.Clin.Psy (UK)
Clinical Psychologist

AUTISM SUPPORT GROUP FOR PARENTS

This group provides a safe, confidential and relaxed setting online for parents of children with Autism (ages 5 - 18 years old). It is a space for parents to come together and share experiences, while offering support to one another.

Wednesday, September 20th
6pm - 7pm; (Parents)



FACILITATED BY

PREETHA MADHAVAN, M.Psych. (Australia)
Clinical Psychologist

SINGLE PARENTS SUPPORT GROUP

A support group designed to provide a safe space single parents to share the daily challenges they face in single-parenting, have personal experiences normalized through the power of sharing, be equipped with evidence-based strategies in dealing with their stressors, and feel a sense of containment and support with what they are experiencing at present, while meeting other single

Tuesday, September 26th
6pm - 7pm; (Parents)



FACILITATED BY

CHRISTINE KRITZAS, M.A. (South Africa)
Psychologist & Director

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